



17. Lorsch Triathlon

Lorsch / 21.08.2022

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Gabriele Köhler

□□□: 1:26:37

□□: 76

□□: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

□□□□□/□□□: 196 (of 279)

□□□□□/□: 39 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 5 (TW 60)

□□□□□: 1(of 4)

□□□□□□□: 1:26:37

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:49 | 27:37 | 4 | 0:57 | 59 | 6:03 | 0.50 | 13:49 | 27:37 | 5 | 0:57 | 70 | 6:03 |
| Wechsel S -> R | - | 2:51 | - | 1 | - | 32 | 1:09 | 0.50 | 16:40 | 33:20 | 5 | 0:14 | 70 | 6:44 |
| Schwimmen □□□ | 0.50 | 16:40 | 33:20 | 5 | 0:14 | 70 | 6:44 | 0.50 | 16:40 | 33:20 | 5 | 0:14 | 70 | 6:44 |
| Rad netto | 20.00 | 40:07 | 2:00 | 1 | - | 33 | 5:00 | 20.50 | 56:47 | 2:46 | 1 | - | 38 | 11:23 |
| Wechsel R -> L | - | 1:58 | - | 3 | 0:55 | 66 | 1:20 | 20.50 | 58:45 | 2:51 | 1 | - | 40 | 12:23 |
| Rad □□□ | 20.00 | 42:05 | 2:06 | 1 | - | 36 | 6:00 | 20.50 | 58:45 | 2:51 | 1 | - | 40 | 12:23 |
| Lauf Ziel | 5.00 | 27:52 | 5:34 | 2 | 0:40 | 40 | 7:35 | 25.50 | 1:26:37 | 3:23 | 1 | - | 39 | 19:58 |